

Intermediate April 2018

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 04/9	TUES 04/10	WED 04/11	THU 04/12	FRI 04/13
MEAT/MA	Chicken Waffle Bites-10g.	Beef & Cheese Nachos -7 g.	Pizza BD - 43 g.	Meatloaf w/Gravy-8 g.	WG Cheese Quesadilla-32g.
MEAT/MA	Pulled Pork on WG Bun-38 g.	Chicken Patty on Bun-39 g.	Fish Taco-49g.	Hot Ham & Cheese on WG Bun-34g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
VEG	French Fries-20 g.	Refried Beans -30g	Spinach-4 g.	Mashed Potatoes -15g	Prince Edward - 3 g.
VEG			Corn 1/2 c-19 g.	Cooked carrots-8 g.	
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Applesauce-25 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Mayo-2g./BBQ Sauce 11g	Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	Marinara Sauce-3 g./Boom Boom-11g.	Gravy - 3g	Salsa/-2gSour Cream - 3g.
	Intermediate April 2018				
WEEK 3	MON 04/16	TUES 04/17	WED 04/18	THU 04/19	FRI 04/20
MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	*Hawaiian Pork w/Lo-Mein-38g.	American Cheese Steak on WG Roll-62 g.
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	Hamburger-25g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.

MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Asparagus-3g.	Broccoli- 4g	Green Beans - 4 g.
VEG	Cooked Carrots-8 g.				
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Mixed Fruit-18 g.	Pears - 20 g.	Peaches 1/2 c. - 1/ g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.			Mayo -2 g.
Week 4	MON 04/23	TUES 04/24	WED 04/25	THU 04/26	FRI 04/27
MEAT/MA	Chicken Waffle Bites-10g.	Walking Taco-29g.	Baked Chicken-19 g.	Spaghetti w/Meat Sauce-23g.	Pizza BD - 43 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Pork Chop Sandwich -12 g.	*Bratwurst/Bun -27g.	Chicken Tenders - 4=19g	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Garlic Toast -11 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	California Blend-5g	Green Beans - 4 g.
VEG		Black Bean Fiesta - 34 g.	Mashed Potatoes -15g	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT	Mixed Fruit-18 g.	Pears - 20 g.	Peaches 1/2 c. - 1/ g.	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		Juice -21 g/Grape Juice 28g
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Syrup -31 g.	Salsa/-2gSour Cream - 3g.	Gravy - 3g	BBQ Sauce, 11 g.	
	MON 04/30	TUES	WED	THU	FRI
MEAT/MA	Meatball Sub- 38g				
MEAT/MA	Chicken Nuggets -14 g				
MEAT/MA	Chef Salad-10g				
MEAT/MA	Sub -30 g.				
MEAT/MA	Dinner Roll -12g. (1 grain)				
GRAIN					
GRAIN	Baked Beans 1/2 c-29 g.				
VEG					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.				
VEG	Applesauce-25 g.				

FRUIT	Fresh Fruit Bowl				
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.				
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
	Dark Green	Starchy	Red/Orange	Legumes	3/7/2018

All Serving Sizes of vegetables are 1/2 cup unless noted (* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

